# DIZZY, HEADACHY, SICK, "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box,

Sick headache, biliousness, dixxi-ness, coated tongue, foul taste and foul breath-always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess blie from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you eleap—a 10-cent box from your drugsist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Sizing It Up.

"Hiram," said the wife of a countryman who had moved to the city, "I'll just bet the best cow we ever had that you've done went and for-got to bring a roast for dinner!" "Hardly," mumbled Hiram, as he

placed an armful of packages on the kitchen table. "In fact, I bought seven cents' worth of roast."

"Seven cents" worth! Hiram, be your mind failin' ye?" "But I had to pay fifty cents for

it." smiled Hiram.

#### TAKE SALTS TO FLUSH KIDNEYS IF BACK HURTS

Bays Too Much Meat Forms Uric Acid Which Clogs the Kidneys and irritates the Bladder.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous saits is made from the acid of grapes and lemon fuice, com-bined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neu-tralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive;

makes a delightful effervescent lithiawater drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salta to folks who bewhile it is only trouble.-Adv.

And There You Have It. Visitor-Tommy, do you know the

difference between maximum Small Tommy-Yes, ma'am, Minnie

Mumm is Maxie Mumm's sister.

Important to Mothers CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Cart Hilthers.
In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Hence These Tears.

"Do you ever weep over a story?" "Sometimes when I get it back from the publishers"-Houston Post.

Dr. Pierce's Petiets, small, sugar-coated, easy to take as analy, regulate and invig-orate stamoch, liver and bowels. Do not gripe. Adv.

In life, as in the hundred yard dash a good start is full the vic-

Water in binner is adulteration. Glass and water makes liquid hims county. Buy Red Gross Ball Blue. Adv.

A gir! thinks her first beau forgotten more than her father ever

Putnam Fadeless Dyes do not stain the kettle, Adv.

Princess Mary of England is mak ing a collection of pagan gods.

Three hundred women have made application for police jobs in Chicago.

# APPLE CROP DAMAGE

Cedar Rust Unusually Destructive in 1912 Season.

Leading Fungous Diseases of Fruit In Certain Sections-Nuts are Very Concentrated Food-Petate an Important Food.

(Prepared by the United States Depart-ment of Agriculture.)

The cedar rust or orange rust of the apple, which has its alternate generation on the red cedar, was unusually destructive during the season of 1912, especially in the Appalachian fruit belt, and resulted in severe losses to apple growers in the autumn of that The main facts about this discase have been worked out by investigators and known to science for several years.

The remarkable increase of the cedar rust, apparently due to its new adjustment to the Mork Imperial and other commercial varieties of cultivated apples which has taken place within the last eight to ten years, has caused this to be the leading fungous disease of this fruit in certain applegrowing sections. Lime-suiphur solu-tion, the standard fungicide for spring treatment of the apple, will kill the fungus, but on account of weather conditions and repeated infection periods during the time of leaf formation, it is difficult and usually impracticable to prevent the disease by spraying.

For several years the bureau of plant industry, department of agriculture, has been recommending the destruction of cedars in the vicinity of large commercial orchards which they injure, as a result of which considerable cedar destruction has been accomplished. The unusually severe outbreak of 1912 and the poor results of spraying in that season, however, emphasizes the necessity of cedar eradication more than ever before, and the last year this was taken up more actively by the growers, particularly in Virginia and West Virginia, the de-partment and the state experiment station pathologists lending their aid

and advice to the movement.

The results of this work proved remarkably satisfactory during the spring infection period of 1913. In the valley of Virginia, where heavy losses were sustained the previous year, orchard after orchard recovered completely in a single season after having the cedars cut down with a radius of one or two miles. In order to insure thorough infection and thus make the effect of eradication stand out prominently, cedars were in some cases allowed to stand in the vicinity of certain orchards. From the result obtained in the work during the past year, it appears satisfactory to cut the cedars within a radius of 12 miles, even though hillsides were covered with cedars beyond that dis-

Nuts as a Food. The department of agriculture says that nuts are a very concentrated food, even more so than cheese, but when rationally used they are well assimilated and may form a part of a well-balanced diet. Nuts are a very valuable source of protein and fat, these two nutrients being the characteristic constituents of the more common nuts, of which the walnut and cocoanut may be taken as types. In nuts, like the chestnut, carbohydrates to use nuts as the regular diet otherwise hearty meal.

Vegetarians and others who use nuts in place of meat should not depend upon them as the main food supply, but should supplement them with more bulky foods with a low content of protein and fat. As a whole, nuts may be classed among the staple foods . two pounds.

and not simply as food accessories. At usual prices, nuts are reasonable sources of protein and energy. Peanuts supply protein and energy cheaply, even compared with such staple foods as bread and beans. There are a number of nut foods on the market, but it may be stated that there is little to be gained from the standpoint of food value or economy in their use in place of the ordinary nuts and home-made nut products, especially by healthy persons who are willing to masticate their food thoroughly and to use nuts in reasonable combinations. Unless something has been added, the nutritive materials in such special preparations can not be greater than the nuts from which they made, though in the mechanical condition or in some other way the foods may be better fitter for ready assimilation. Furthermore, nut butters, and similar foods give a pleasant variety to the diet, and they are relished by many who would not care for the unprepared nuts.

Though less subject to contamination than other foods, nuts should be handled and stored under good conditions, and especially should be pro-tected from dampness and insect enemies.

The Role of Potatoes in the National

Dietary. The potato stands next to the cereals as the most important food of northern nations, according to the de-partment of agriculture. In Germany this is particularly true, for the per capita consumption is 7.3 bushels, while ours is estimated at 2.6 bushels. An interesting study of Behrend shows that the consumption of potatoes in Germany stands in inverse ratio to the wealth and social status of the people. The well to do people there use 3.6 bushels each per annum, the peasantry 8.8 bushels, and the laborers in western Germany 12.3 bushels, while in the eastern provinces the per capita consumption of the poorer laborers is 17 bushels each per year.

Potato Starch.

A certain quantity of potato starch is used in this country for sizing in cotton mills, for which purpose it is preferred to corn starch, says the de-partment of agriculture. There has been in the country produced an aver-age of 20,000,000 pounds of potato starch annually and large annual importations from Germany have been made in addition, in 1910 there were imported 10,600,200 pounds of starch and 4,424,200 pounds of potato dex-

The manufacture of starch from potatoes in the United States is at pres ent confined to the utilization of culls and of potatoes unfit for storage or shipment because of partial infection with tuber rot. The margin of profit is not large, in spite of a protective tariff of one cent per pound. The factories are able to run only six weeks in the year, and the interest and other overhead charges are therefore high-it seems possible to make some eco-nomic improvements in this system by introducing new factory methods, and the quantity of potatoes used could be increased, especially in districts remote from the markets, where a more rigid sorting should be prac-ticed before shipment and all inferior potatoes kept at home. This would not only tend to reduce freight charges, but would give the consumer in a distant market a grade of potatoes which would waste much less in preparation for the table and for which a relatively higher price could be paid than for the present unsorted shipments. There is a possibility also that a method may be worked out for drying, culled and surplus potatoes on are a characteristic constituent. For the farm and the dried product later most families it is undoubtedly wiser used for starch making. The total as a condiment or supplement to an not make a large impression on a surplus potato crop.

Shrinkage in Poultry.

Poultrymen generally count on a shrinkage of a half pound on a carcass. In other words, a two and a half pound chicken would dress about

Increase of 900 Per Cent. Result of Proper Fertilization Obtained With Apple Crop.

The illustration shows two rows of Rome Beauty apple trees on thin land.
The barr-is contain the respective crops of fertilized and unfertilized



Apple Crop Increased 900 Per Cent. In Eighteen Months by Proper Fertilization.

rows. The row to the left was fertiized in 1911 with five pounds each of nitrate of sada and acid phosphate per crac. The row to the right is unferti-

IMPROVING WITH FERTILIZER liked. Mulching, spraying and culture were exactly the same on both rows An increase of 200 per cent, was the result and this is due alone to fertilization and was obtained within eighthe barrel crop being that of 1912.

War Against Vermin.

One of the greatest essentials in handling poultry of any kind and for my purpose is to keep it free from Unless the farmer has patience and skill enough to enable him to wage a successful war against vermin, fear in and year out, he had better keep out of this branch of business. Lice are ruinous to young chicks and will kill enough of them to offset all of the profit made from those that survive.

Breeding Worthless Horses.

The fact that almost any horse can made to do something at farm work is no valid excuse for men who profess to have their own interests at heart to persist in breeding horses that nobody wants, not even them-



## Be Fair to your stomach

and it will prove to be your "best friend." Safe guard it against any weakness that may develop from time to time by the daily use of

### HOSTETTER'S STOMACH BITTERS

It strengthens and invigorates the entire system, thus preventing Poor Appetite, Headache, Indigestion, Biliousness, Constipation, Colds, Grippe, Malaria, Fever and Ague.

#### TAKE A BOTTLE HOME WITH YOU TODAY

HADN'T A CHANCE TO SHOW

Excuse for Fighter About the Limit Recorded in That Line.

Dick Woods, fight manager in the palmy days of Chicago sports, now a business man, told a good one while on his way home from the McParland-Britton fight in Milwaukee

"A few years ago an old-time trainer came to me and whispered confi-dentially that he had a coming champion in the middleweight class," related Woods. "He said he could not be bent,

"'Watch him fight Cyclone Johnny Thompson next week,' he told me. 'He'll wipe him off the map.'

"The fight came off-it was sched-uled for six rounds-and the hope was licked in the second round.

"I didn't want to rub it in, but I asked the trainer about the affair the time I saw him.

"'Oh, my man's all right, was his breezy explanation, only he can't get started in the short battles. He is a twenty-round fighter and the scrap-with Thompson was too short."

Not His Concern.

Wife (studying vocalism)—"I wish, dear, you'd have double windows put on. I'm afraid my practicing will dis-turb the neighbors." Hub-"Well, if it does, it's up to them to put on double windows."-Boston Transcript,

Mac-Where are you working, Pill? Bill-I ain't working; I got a city

WONDERED WHY. Found the Answer Was "Coffee."

Many pale, sickly persons wonder for years why they have to suffer so, ventually discover that the drug -caffeine-in coffee is the main cause of the trouble. "I was always very fond of coffee

and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life. "During this time I was drinking

coffee, didn't think I could do without

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum When it was made right-dark and rich-I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve and today I am well and strong, weigh 148 lbs. I attribute my present health to the life-giving qualities of Postum. Name given by Postum Co., Battle Creek, Mich. Read "The Road to Well-ville," in pkgs.

Postum now comes in two forms:

Regular Postum-must be bolled.

Instant Postum-is a soluble pow der. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds,

There's a Reason" for Postum.

It frequently rains on the just because the unjust has swiped his

Don't buy water for bluing. Liquid blue is almost all water. Buy Red Cross Ball Blue, the blue that's all blue. Adv. If a man is too lazy to stand up

and tell the truth he's apt to lie about it. Mrs. Winsion's Scotling Syrup for Children testing, softens the gums, reduces inflamma-tion, allays pain, cures wind coile, Sca bottle. Ar

Housewives purchase \$225,000,000 worth of food each year.

Sold TO

### WESTERN CANADA NOW

The opportunity of securing free homesteads of 160 acres each, and the low priced lands of Manitoba, Saskatchewan and Alberta, will soon have passed.

Canada offers a hearty welcome to the Settler, to the man with a family looking for a home; to the farmer's son, to the renter, to all who wish to live under better conditions.

Canada's grain yield in 1913 is

Canada's grain yield in 1913 is the talk of the world. Luxuriant Grasses give cheap fodder for large herds; cost of raising and fattening for market is a trifle.

The sum realized for Beef, Butter, Milk and Cheese will pay fifty per cent on the investment. Write for literature and partic

ulars as to reduced railway rates to Superintendent of Immigration, Ottawa, Canada, or to

G. A. COOK 125 W. 9th Street Kanaes City, Mo. Canadian Government Agt.



"Hunt's Cure" is guaranteed to stop and permanently cure that terrible itching. It is compounded for that purpose and your money will be promptly refunded WITHOUT QUESTION if Hunt's Cure fails to cure itch, Eczema, Tetter, Ring lich, Eczema, Tetter, Ring Worm or any other Skin Disease, 50c at your druggist's, or by mail direct if he hasn't it. Manufactured only by

A. B. RICHARDS MEDICINE CO., Sherman, Texas FOR OLD AND YOUNG

Tutt's Liver Pills act as kindly on the child, the delicate female or infirm old age, as upon

**Everyone Should Mave This Protection** Keyless Padlock